Diet? CHECK! Exercise? CHECK! Supplements? CHECK! Nervous system recovery? What is that? An important factor of weight loss that is frequently overlooked! We often use only nutraceuticals to support our weight loss/metabolic goals, but fail to support our nervous system and its ‘moving parts’. Nervous system support, especially as it relates to recovery from exercise should be a part of any weight loss system. Commonly these support nutrients are referred to as nootropics. READ MORE
I LOST 15.1% BODY FAT AND GAINED 14.4 POUNDS OF MUSCLE!

For the last 9 years I was dedicated to becoming the best power lifter I could be. However, after overcoming major, life threatening medical issues I decided to look at my fitness a little differently. Rather than just being strong, I also wanted to be healthy.

I quickly found how easy it was to adapt the TLS® system into my busy lifestyle. As the weeks passed, I became more flexible, had more energy, better stamina and my mood improved. During the 12 weeks I lost 31.2 pounds, 15.1% body fat, 18.75 inches and gained 14.4 pounds of muscle. Now I have friends and family telling me how much younger I look, and asking how I got here!

– Brent S., UnFranchise Owner
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• Comprehensive guide on how to follow TLS Weight Loss Solution
• Features testimonials from real people who have achieved success with TLS
• Contains goal setting sections in each chapter
• Includes 1 day of sample meals for each TLS Menu Plan
• Features weekly weigh-ins and quarterly measurements to track your success
• Offers 12 weeks of journaling to record your weight loss journey
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BLUEBERRY-PEACH COBBLER SHAKE

2 scoops TLS Nutrition Shake
- Creamy Vanilla OR
  1 serving TLS Whey Protein Shake - Vanilla
½ cup blueberries
1 cup peaches (sliced)
1 tsp. vanilla extract
2 graham crackers
1 cup unsweetened almond milk

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*Individuals following the TLS Weight Loss Solution as part of a healthy diet and exercise program can expect to lose 1-2 pounds per week. The persons sharing their stories are Unfranchise® Owners of Market America products.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

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